

Looking at Life Quality: How to Use Your LQA

Next time you meet with your regional center Service Coordinator, bring your LQA with you. It's YOUR story. You and your Service Coordinator can work together to take care of the things that are important to you.

Here are some ideas from the Self Advocacy Council VI about how to use your summary:



Use your LQA to make sure the people in your life know what's important to you.



Use your LQA to help you speak up in your planning meetings.



Use your LQA to remind yourself of goals that you've accomplished in your life.